

PANS/PANDAS Symptoms




- OCD
- FOOD RESTRICTION
- TICS



- Anxiety
- Emotional lability
- Depression
- Irritability
- Aggression



- Developmental regression
- Decline in school performance
- ADHD
- Sensory seeking / avoiding



- Balance / gait issues
- Urinary frequency / urgency
- Sleep disturbance
- Fatigue
- Hallucinations
- Selective mutism

PANS/PANDAS School Support

CLEAR COMMUNICATION

Between teachers, nurse, school administrators and parents about symptoms, treatments, and illnesses in the classroom

FLEXIBLE ATTENDANCE

Flexible arrival / departure
Support for absences

FLEXIBLE SUPPORT

Adjust services with relapsing and remitting flares
Bathroom breaks

PROMOTE GOOD HEALTH

Reduce communicable sickness

EMOTIONAL & SENSORY STIMULATION

Provide a quiet space with self-regulation aids

FINE MOTOR - VISUAL SPATIAL - MATHS

Provide supports when skills are impacted

DON'T BLAME THE INFLAMED BRAIN

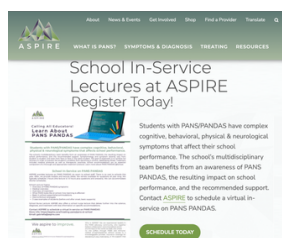
Expert in-service trainings available for schools



- Live in-service
- Q & A
- Can be customized and pre recorded

• <https://aspire.care/schools-educators/calling-all-educators/>

Additional school support resources at:
<https://aspire.care/resources/schools-educators-pans-pandas/>



[ASPIRE In-service for Schools](#)



[PANDAS Network In-service for Schools](#)



[VA4PA's School Support handout](#)



- Pre-recorded in-service
- 1.5 hours

• <https://www.youtube.com/watch?v=jgFX9Y6ndEM>
• <https://ub.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=b4256b02-0c2e-4587-ae6c-ab1c013d0c41&start=0>

Additional school support resources at:
<https://pandasnetwork.org/resources/educator-resources/>



[VA4PA's PANS/PANDAS symptoms handout](#)

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